



COASTAL CENTER HAPPENINGS

Spectrum 's Centers

Become a Volunteer Peer Educator As a Matter of Balance Coach.

As we age we may experience a fear of falling and restrict our activities. The Matter of Balance Program emphasizes practical strategies to reduce this fear and increase activity levels. If you are interested in helping older adults improve their quality of life, volunteering as **A Matter of Balance Coach** is a proven, effective and rewarding way to make a difference. As a MOB Coach, you will have the opportunity to receive materials and instruction that will allow you to lead classes as a Certified MOB Coach in your local community! Two 4-hour training sessions September 20 and 24 from 9:00am—2:00pm are all you need to become a MOB coach. MOB Information Session, Monday, September 13 at 2pm. To register call 563-1363.



The Giant Pumpkin Weight Is?

Support Spectrum Generations CCC by guessing how much

Hollis and Ben's pumpkin will weigh at October's Pumpkinfest weigh-in and make a per pound pledge.

Therapy Dog Team Training

There are basic guidelines to follow as you and your canine friend get ready to become a therapy dog team. Join Professional Dog Trainer Jean Conte for a 6-session class, each Thursday at 4:30pm beginning on Sept. 23 and practice the 11 elements that comprise the Therapy Dog International test. Canine Good Citizen trainees are also welcome to participate. \$70 fee ☎

More Spectrum Learning on Back Page

SEPTEMBER 2010

Spectrum Generations ' Adult DayBreak

healthy participants, healthy families, healthy communities. Adult Day Services is the most affordable alternative to assisted living placement and allows an elderly or disabled family member to continue living at home longer. We offer a compassionate center based program on weekdays in Belfast, Hallowell, Skowhegan and Waterville. Your loved one will enjoy a delicious and nutritious lunch, arts, music, crafts, bingo, exercise classes and an opportunity to meet and develop new friendships. Meanwhile, you'll have peace of mind to go to work, run errands, or just enjoy time to yourself. Adult Day Services Week (September 20-24, 2010). Come and see why adult day services are a smart choice and enter to *win 10 hours of ADB Services.*

Coastal Community Center
521 Main Street
Suite Number 8
Damariscotta, ME 04543

If You See a ☎ OR ☑
Call (207) 563-1363

Consumer Helpline:
1-800-639-1553
(TTY) 1-800-464-8703
(207) 563-1363

www.spectrumgenerations.org

Spectrum Living

Be Active Your Way— Active Aging Week 2010

Older adults living life as fully as possible within the dimensions of wellness—that is the concept of aging promoted by Active Aging Week. Because wellness is multidimensional—one that encompasses physical, spiritual, vocational, intellectual social, emotional, and environmental wellness, a myriad of activities that can enhance health and wellbeing have been planned for this week. Look for the **AAW** letters inside and take advantage of the opportunity to try one or more new ways to be active on your own terms from Laughter Clubs, Chair Fiesta, Hooping, Geocaching AAW is all about increasing independence and quality of life.

GPS / Geocaching for Active Agers Who Love the Outdoors:



On Thursday, September 16 from 1pm until 4pm under the guidance of Mid-Coast District Forester Morton Moesswilde you will be introduced to the basics of how to operate a

GPS unit and how to navigate along a trail using a GPS. Morton will provide the GPS units for you to practice with in the classroom and in the Round Top Farm Orchards. During Active Aging Week caches will be set up on local land trust and conservation association preserves offering you the opportunity to be active your way and perhaps win a prize or two along the way. Register by September 14. ☎

Lunch & Learn & Activities—Back Page



Caring



VIP-Do You Know What it Stands For? Tuesday, September 7 at 2pm. Kristin Overton will introduce veterans to a new self-directed model of services at home. Veterans, you now have the power of choice. ☑

Brown Bag Conversations: Funeral Planning Thursday, September 9 at noon with Dusty Hancock, owner of the Strong-Hancock Funeral Home. ☎

Family Caregiver Support Group, Thursday, September, 9 at 1pm. A confidential setting to discuss issues of being a caregiver for a family member or friend. FMI call Lesley at 1-800-282-0764. **At 2pm** Brenda Hamilton will provide information about **Memory Walk for The Cure 2010** and how you can form a team. The walk will take place on Saturday, September 25. Gather at the Knox Center for Long Term Care in Rockland at 9am.

Celebrate YOURstory: Voices of Wisdom and Inclusion, Monday, September 13 at 11:30am. Listen to your wise self, be inspired, get out of your rut, come together, share your thoughts, wisdom and life stories. ☎

AAW- Home Safety Assessment for Active Aging, Thursday, September 23 at 10:15am. Your home does not need to be hazardous to your health.

Miles Healthcare Occupational Therapist Don Paxson will show you how to take a candid look at your home so that it is a safe & friendly place to be. ☎



Living



Fitness Activities for Active Aging Week (AAW)—Detailed Calendar of Events at www.spectrumgenerations.org or at the Coastal Center.

Exercise, Conditioning and Wellbeing Classes with Dianne Daniels. ☎

Mondays in September: Firm and Tone-Body Conditioning at 5pm and/or Hatha Style Yoga, seated and on the floor at 6pm.

Wednesdays: Feldenkrais, at 5pm and/or Pilates at 6pm.

\$12.50 per class or take two classes for \$20. FMI Dianne-380-1536. ☎

Holistic Healing, Mondays by appointment. Come experience deep relaxation and a joyous sense of health and well-being with One Touch Light, Reiki & Quantum Touch Practitioner Ann-Dee Burnham. \$10 fee. ☑

Heart Healthy Blood Pressure Clinic with registered nurse Nancy Moffatt, Wednesdays, from 10am until 11:15am. **Nurse Nancy's September Tip**—Take your medication daily. Watch your diet. Exercise regularly.

Reflexology, Hand and Foot, or Therapeutic Massage with Jen Gunnels, Thursdays, one-hour sessions from 10am-3pm. **Reflexology** is the application of pressure, stretch and movement to the feet and hands \$30 fee.

Massage helps prevent and alleviate pain and stress. \$40 fee. ☎

Pamper your Feet: Foot-Pedicure Clinic, Fridays, September 3, 10 and 17, beginning at 9:00am. 45-minute therapeutic nail clipping. \$22 fee. ☑

Community Medication Collection, September 25. Time & Location TBA

FITNESS AT THE CENTER



Tai Chi-Fall Session for Beginners with Jody Telfair, Mondays at 8:45am beginning on September 20. Gentle movements for balance. 12 weeks for \$120. FMI: 563-7484. ☎

Easy Does It Fitness,

Tuesdays and Thursdays at 9am. 60 minutes of low-impact exercises using free weights and fitness balls. \$30/month or \$4/class.

Friends Having Fun with Diet and Nutrition, support and discussion group. Tuesdays 10:30 am. \$1 fee. FMI call Shirley at 563-6815.

Flex and Fit, Wednesdays, 10:30 am. Seated exercises for flexibility and balance for those who are a little bit timid or who haven't exercised in a while. \$15/month or \$4/class.

Morning Yoga: The First Moves, a new 4-Week Series, Fridays, beginning September 3 at 9:30am. Join Carol and learn how to improve focus and flexibility using gentle postures. \$40 for 4-weeks or \$15 per class. ☎

Latin Flavored Belly Dancing with Peke, Friday's in September. Introductory class at 11:45am. Intermediate class at 10:45am. This dance is proud and powerful with elegant and isolating movements emanating from the core. It's the Pilates of dance and so much fun and energizing. 4-weeks -\$40 or \$15 per class. ☎

Nintendo Wii Sports or Fitness Mondays in September from 2pm-4pm or by appointment.



Learning



THE CYBER CAFE

Make Friends with Your Computer, Thursday, September 9 at 11am. Become computer savvy along with conquering computer fears. Jim Skilling will show you how to harness your mouse's energy, about keyboard functions, how to manage tool bars, control desktops, set-up backgrounds, & screensavers. \$5 ☎

AAW-Computer Savvy & Wired Thursday, September 23 at 11am. By learning how to search the world wide web you can locate fun sites, health information, play mind games, locate a hiking trails that's just right for you and more. FREE ☎

Facebook for Busy People, September 10 at 11am and 21 at 3:30pm. Don't be left in the dark ages while your friends and grandchildren use Facebook instead of e-mail or the telephone. Join Erica Averill and learn about the new social networking revolution now spreading like wildfire across the generations and across the nation. \$5 fee. **AAW FREE** ☎

Don't Be Left Behind—Whether you are 52, 62 or 92, you can still learn and enjoy the ever expanding world of technology and computer systems. **Tame Your Computer**: The simple basics and beyond is designed for beginners who want to learn the basics, beginning at step one or for those who know a bit and want to learn more. Jim Skilling will assist you at your own pace on the day you pick. \$10 per hour. ☎

Prostate Cancer is Survivable, Monday, September 13 at 10 am. Watchful waiting? Prostate cancer can confuse. George Greene's seminar "If Caught Early" aims to help you learn about the risk factors for the disease, how to screen for it, current treatments and new research. \$5 fee. ☎

What is Involved with An Energy Audit?, Thursday, September 16 at 10am. Take the first step in making your home more efficient. Learn how to improve your home's efficiency, comfort, and affordability by conducting an energy audit. An audit can help you assess how much energy your home uses and evaluate what measures you can take to improve efficiency. Paul Kando and the Mid-Coast Green Collaborative. \$5 participant fee. ☎

Cooking with Jim: The Perfect Chowdah, Thursday, September 16 at 11:30am. True chowder lovers delight in their pursuit of the perfect chowder, from creamy white to clear and briny to tomato based. Learn how to create a fish or haddock chowder that will please even the most critical chowder connoisseur. \$7materials. \$5 class fee. ☎

Cooking with Corrinna: Sandwiches: The Art of Making Them; The Joy of Eating Them, Monday, September 27 at 11am. While you are learning how to make them, you will also be introduced to the history of where the different types of sandwiches have come from: Dagwood, Panini, Sub, Hoagie, Po' Boy, Muffuletta and more —\$7 materials fee. \$5 class fee. ☎

The Motion's Pyramid, Monday, September 27 at 2pm. The latest version of *Robert's Rules of Order* describes 87 motions. Say good-bye to energy-sapping, time-wasting meetings. Learn how to run them right by gaining an understanding of the "pyramid of precedence", the various kinds of motions and how to make them with Parliamentarian Virginia White. \$5 ☎

Greenovate-Keep Your Energy Costs Down—Weatherizing Your Home, September 30 at 10am. Did you know that 30-40% of heating and cooling is lost through air leakage in your home? This workshop, hosted by the Mid-Coast Green Collaborative, will provide an overview of the process, benefits, and expense of weatherizing your home. \$5 participation fee ☎



Answers



Medicare Reform, Brown Bag Conversation Thurs., Sept. 2 at noon. ☎

Tax and Rent Rebate Consultations with Marilyn Wilson, Friday, September 10 and 24 from 12:30pm until 4pm. ☑ **Plus Medicare Check-ups** with Cynthia Troxel, Thursdays, September. 9 and 23 from 12:30pm-4pm ☑


Medicare Part D Consultations with Medicare Part D Specialist Karen Crum, Friday, September 17 from 9am to 3pm. ☑ **by September 15**


LIHEAP-Fuel Assistance, Monday, September 20 beginning at 9am. FMI and Appointments. Call KVCAP at 1-800-542-8227. ☑


Medicare for Everyone, Tues. September 28 at 2pm. As your 65th birthday draws near, learn what Medicare is and how it works, with Cynthia. ☎

Advanced Registration 
Call 563-1363

Center Activities


Bocce Ball, Thursday, September 2, 16, 23 and 30 at 12:30pm. Join Nate and Arthur at the Nobleboro Recreational Park and learn how to play Bocce Ball from the experts. 


Lincoln County Scrabble Club, Thursday, September 2, 16 and 30 at 6:30pm. Open to all generations & levels. FMI: Clayton, 882-8303. \$2 fee. 

Spectrum Camera Club, Tuesday, September 21 at 1pm. For anyone who has a keen interest in photography, whether you are new to photography or someone with long experience with the craft. FMI and to express your interest call Bob Gorrill at 563-7463. \$1 fee. 

AAW-Fall Perennial Swap Friday, September 24 at 10:30am. Cull your overgrown beds and bring your extras plants to exchange for a few new green friends to plant in your perennial bed.



Seaglass with Lynn, Thursday, Sept. 30 at 1:30pm. Learn how to turn treasures from the sea into wearable art. \$20 fee. 


Center Bridge Group, seeking bridge players, all generations and levels of experience welcome. Mondays from 1pm-3pm. FMI: Sally at 563-1851. \$1 


What is in Your Future? Tuesdays by appointment. Spiritual Tarot Card readings and interpretations with Ann-Dee Burnham. \$6


Hooked on Reading, Friday, October 8, at 1pm. October's Book Club selection: "Against All Odds: My Life" by Chuck Norris. \$1 fee





Lunch and Learn Series

September 1-Lunch & The Judiciary—The Faces of the Supreme Court with Boyce Martin. Entrees: Stuffed Chicken Breast or Baked Fish 

September 8—Lunch & Religion Unraveling the Riddles of Genesis with Rev. Byron Stuhlman. Entrees: Baked Ham or Macaroni and Cheese 

September 15 Lunch & Emergency Management Emergency & Disaster Planning with Kim Kaiser. Entrees: Chicken Stir Fry or Pot Roast 

September 22—Lunch & Nutrition Fruits, Veggies & Active Aging with RD Suzanne Bazinet. Entrees: Roast Pork or Fish Chowder 

September 29—Lunch & Media Community News with Editor Sherwood Olin
End of the Summer BBQ with Hamburgers & Hot Dogs or BBQ Chicken 

Reservations Required, call 563-1363 by NOON ON MONDAY. Lunch is served at 11:30 am. \$4 donation over 60. All others \$5. Please Car Pool. Before and After Lunch

Meditation with Rev. Lu Lasher, Wednesdays at 10am

Cribbage with Friends, Wednesdays at 1pm. Drop by and play.

Intergenerational

Miles of Friends —September 10 at 12:30pm. Meet your 2010/2011 school year friend a 2nd or 3rd grader at Nobleboro Central School.

Support Meals on Wheels Co-ops for Community Days Shop at Rising Tide Community Market, Wednesday's during the month of September. 1% of the proceeds will be donated to Coastal's MOW Program.

Appointment Required
Call 563-1363

Spectrum Adventures

Capsizing and Reentry with Mid-Coast Kayak. Can you get back into your kayak after a capsize? Do you know a variety of recovery techniques so you can be effective in varying




conditions? How much help will you be to your partner in an emergency? If you have any doubts about your recovery and rescue skills this class covering, solo and assisted recoveries, wet re-entry techniques is your answer. Gather at Biscay Pond at 9am on Tuesday, September 7 for a 2.5 hour skills building class. \$35 fee.

Spectrum Technology

You Bought It, Now Learn How to



Use It: Your New Video Camcorder, Friday, September 10 at 10am. Before

you use your camcorder, take some time to learn how it works and how to make use of its features. That way you won't be faced with a mad scramble under pressure when you want to do something and can't figure out how. Let Dave guide you through the first steps. \$5 fee. 

AAW-Take Your Video Camera on an Outdoor Adventure Friday, September 24 at 10am. Learn how to use your video camera to capture vistas, wildlife, flowers and greenery while you are out and about hiking, walking or kayaking. FREE. Donations appreciated. 